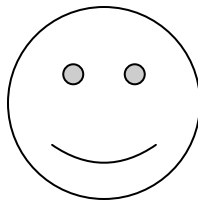


Picatinny Arsenal
CYSS Summer Menu 2013
Week 1



Please Note: Menu substitutions may be made at the discretion of the Kitchen to accommodate for center celebrations.

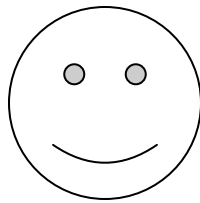
Approved By:

All foods for Infant Menu is diced to ¼ inch from kitchen

Camp Trips: on the early morning trips kitchen will provide Whole Grain Cereal Bar, banana, and milk for breakfast.

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cold Cereal Crispix	Pancakes	Bagel	Biscuit	Cold Cereal Cheerios
	Fruit, Vegetable, or Full Strength Juice	Mandarin Orange	Pears	Fruit (Seasonal)	Peaches	Banana
	Additional Food (Optional)			Add-In Cream Cheese/Jelly	Add-In Egg Patty	
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	Chicken Patty	Pork Riblets	Camp Field Trip Ham Sandwich CDC Alt: Baked Ham	Stuffed Baked Potato	Cheese Pizza
	Vegetable Or Fruit	Corn	Vegetarian Beans	Carrot Sticks	Broccoli	Tossed Salad
	Vegetable Or Fruit	Fruit Cocktail	Pineapple Tidbits	Apple <2 Applesauce	Fruit Cocktail	Fruit (Seasonal)
	Bread or Bread Alt.	Wheat Hamburger Roll	Roll	Bag of Chips		Whole Wheat Pizza Sheet
	(Optional)			Add-In Slice of Cheese, Ranch Dressing	Add-In Cheddar Cheese	Add-In Salad Dressing
S N A C K	Choose 2 of these 4:					
	Fluid Milk	Milk			Milk	
	Meat or Meat Alternate		String Cheese			Salsa
	Fruit, Vegetable, or 100% Juice	Apple		Apple Juice 100%	Orange Wedges	
	Bread or Bread Equivalent		Mutli grain chips	Pretzels		Tortilla Chips
	Additional Food(optional)		<2 soft pita Water	< 2 Fruit Nutri-Grain Bar		<2 crackers Water

Picatinny Arsenal
CYSS Summer Menu 2013
Week 2



Please Note: Menu substitutions may be made at the discretion of the Kitchen to accommodate for center celebrations.

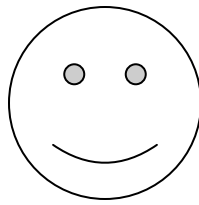
Approved By:

All foods for Infant Menu is diced to ¼ inch from kitchen

Camp Trips: on the early morning trips kitchen will provide Whole Grain Cereal Bar, banana, and milk for breakfast.

B R E A K F A S T	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cold Cereal Rice Krispies	Cinnamon Swirl French Toast	Bagel	Waffles	Cold Cereal Crispix
	Fruit, Vegetable, or Full Strength Juice	Diced Peaches	Apple Sauce	Fruit (Seasonal)	Pears	Bananas
	Additional Food (Optional)		Add-In Syrup	Add-In Cream Cheese/Jelly	Add-In Syrup	
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	BBQ Diced Chicken	Hamburger	Camp Field Trip Ham Sandwich CDC Alt: Baked Ham	Twin Taco Ground Turkey	Turkey & Cheese
	Vegetable Or Fruit	Vegetarian Beans	French Fries	Carrot Sticks	Lettuce/Tomato Corn	Lettuce/Tomato Green Beans
	Vegetable Or Fruit	Pineapple Tidbits	Pears	Apple <2 Applesauce	Pineapple Tidbits	Mandarin Orange
	Bread or Bread Alt.	Tortilla Wrap	Wheat Hamburger Roll	Bag of Chips	Soft Taco Shell	Pita Bread
	(Optional)	Add -In Diced Tomato		Add-In Slice of Cheese, Ranch Dressing	Add-In Cheddar Cheese	
S N A C K	Choose 2 of these 4:					
	Fluid Milk	Milk			Milk	
	Meat or Meat Alternate		Yogurt			
	Fruit, Vegetable, or 100% Juice	Fresh Pear <2 Diced Pears	Juice 100%	Apple Juice 100%		Watermelon
	Bread or Bread Equivalent			Pretzels	Gold Fish	Wheat Thins
				<2 Fruit Nutri-Grain Bar		Water

Picatinny Arsenal
CYSS Summer Menu 2013
Week 3



Please Note: Menu substitutions may be made at the discretion of the Kitchen to accommodate for center celebrations.

Approved By:

All Foods for Infant Menu is diced to ¼ inch from kitchen

Camp Trips: on the early morning trips kitchen will provide Whole Grain Cereal Bar, banana, and milk for breakfast.

B R E A K F A S T	Components	Monday	Tuesday	Wednesday	Thursday	Friday
	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cold Cereal Kix	Turkey Sausage	Bagel	Whole Wheat French Toast	Cold Cereal Cheerios
	Fruit, Vegetable, or Full Strength Juice	Diced Peaches	Diced Pears	Fruit (Seasonal)	Apple Sauce	Banana
	Additional Food (Optional)		Biscuit	Add-In Cream Cheese/Jelly		
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	Fish Fillets	Chicken Patty	Camp Field Trip Ham Sandwich	Ground Turkey Sloppy Joes	Cheese Pizza
	Vegetable Or Fruit	California Vegetable Blend	Cole Slaw	Carrot Sticks	French Fries	Lettuce/Tomato
	Vegetable Or Fruit	Apple Sauce	Fruit Cocktail	Apple <2 Applesauce	Pineapple Tidbits	Mandarin Oranges
	Bread or Bread Alt.	Wheat Bread	Wheat Roll	Bag of Chips	Roll	Wheat Pizza Crust
	(Optional)			Add-In Slice of Cheese, Ranch Dressing		Add-In Salad Dressing
S N A C k	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	Juice
	Meat or Meat Alternate	String Cheese				
	Fruit, Vegetable, or 100% Juice			Apple Juice 100%	Sliced Pears/Peaches	Frozen Fruit Push-up Pop
	Bread or Bread Equivalent	Crackers	Fruit Nutri-Grain Bar	Pretzels		
		Water		<2 Animal Crackers	<2 Diced Pears/Peaches	